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ITALIAN BONANZA
CRAVING PASTA? LA VIENA HITS THE SPOT
{page 13}

I WON'T NOT GOING TO PUT A RING ON IT

DISH {page 10}

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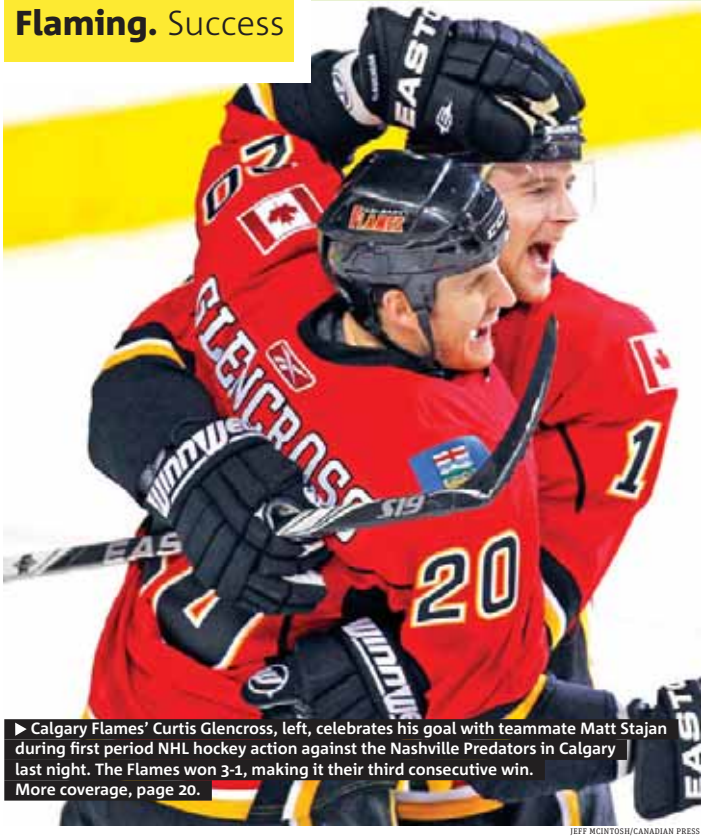

▶ Calgary Flames' Curtis Glencross, left, celebrates his goal with teammate Matt Stajan during first period NHL hockey action against the Nashville Predators in Calgary last night. The Flames won 3-1, making it their third consecutive win. More coverage, page 20.

JEFF MCINTOSH/CANADIAN PRESS

Flames win three in a row

Trial for alleged 'honour killing'

Father accused of slamming Jeep into daughter {page 5}

Calgary-Currie MLA jumps over

Dave Taylor switches to Alberta Party {page 3}

Calgarian in Moscow on edge

At least 35 people killed and 180 wounded in blast at capital's busiest airport ◐ Travel, commuting plans questioned in wake of airport explosion

The suicide bombing in Moscow yesterday has a former Calgarian living in the city rethinking her plans and left questions for a local team planning to head there today.

Wanda Love, who lived in Calgary from 2000-2005, currently resides in downtown Moscow and frequently uses the city's subway station to get around.

She is now considering altering her plans for the days ahead out of concern more attacks could occur.

"I was planning to take it (the subway this) morning to meet a friend," Love said. "And I had planned to use it Wednesday to go shopping, but the two malls I wanted to visit are both in areas which were close to riots last month, so I may need to rethink that plan."

While Love kept close eye on travel advisories from within Moscow, the Canadian national long-track speed-skating team, which trains in Calgary, was weighing the potential dangers of heading to the capital for a World Cup competition this weekend.

Team spokesperson Mylène Croteau said officials were busy gathering information yesterday afternoon before making a final decision.

"We have informed the athletes that we are looking into it and will let them know about the next steps," she added. Croteau said the Canadian team was awaiting word from the International Skating Union — the sport's governing body — but had been told by an organizing committee in Moscow that the event was going ahead.

JEREMY NOLAIS

MORE COVERAGE, PAGE 4

After the blast

- **Security** Former Calgarian Wanda Love said there was an increased police presence at Moscow subway stations hours following the attacks.
- **Speed-skating** The Canadian national long-track speed-skating team is scheduled to compete in Moscow at a World Cup event Jan. 28-30.

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SE transit project up to province

The cost of creating a southeast transitway is up in the air, although one alderman said he's confident the province will through with the money.

During a committee meeting last week, it was decided that $73.4 million of $225 million in provincial Green Trip funding would be allocated to the southeast.

Council decided yesterday to submit their proposal to the province without specifying any dollar figures.

"I would have certainly preferred an actual definite figure amount, but we know it's there," said Ald. Shane Keating, one of four aldermen who pushed heavily for southeast transit funding.

KATIE TURNER

Police not sold on new cameras

Calgary police are "not comfortable" with new models of speed-on-green cameras and have put the brakes on using them to nab lead-footed drivers.

Insp. Dean LaGrange said police have found inaccurate readings of up to 120 km/h in gridlock traffic when testing the new cameras.

These comments came as Edmonton prepared to return $12 million to drivers who were caught because of a glitch in the new cameras.

"I don't know why they did push ahead with it," LaGrange said of Edmonton's decision to use the new cameras.

He added the new models are cheaper to operate.

There are currently 28 models of the old cameras in Calgary. JEREMY NOLAIS

KATIE TURNER/FOR METRO

▶ Mayor Naheed Nenshi speaks with media last night. The mayor said that council believes in Enmax's direction but that elected officials need to be more clear in defining what they expect of the company's board.

Enmax review in cards: Mayor

Enmax CEO Gary Holden resigned on Friday ● Mayor said he believes negotiations for Holden's severance package are currently taking place

KATIE TURNER
CALGARY@METRONEWS.CA

Council will meet with the Enmax board in the coming weeks to discuss the company's governance procedures, but one alderman said the former CEO wasn't in the wrong.

Council was filled in on the recent developments of the company during an in-camera meeting yesterday.

After the meeting, Ald. Andre Chabot said Holden worked hard to promote Enmax and the City of Calgary.

"The CEO Gary Holden — he lived and breathed Enmax," said Chabot. "He was all about looking out for what was in the best interest of the corporation, and his departure is a result, I guess, of some unfortunate decisions he made."

Mayor Naheed Nenshi said he's been calling for a strategic review of Enmax for some time and that a meeting will be taking place "soon."

"I've been clear that I think there were some deficiencies and oversight at the council and at the board level in the past, and I want to make sure that we have a design that rectifies those."

Nenshi said the meeting will be a wide-ranging discussion of several issues.

Veiled vacation?

1. Recent reports indicate Gary Holden took a trip to the French Riviera in 2008 on the dime of a software company.
2. Following yesterdya's meeting, Ald. Andre Chabot said Holden discussed the trip with the former chair of the Enmax board but not with any other members.

Independent MLA joins Alberta Party

Dave Taylor, Calgary-Currie MLA, announced yesterday he will join the Alberta Party, becoming the party's first legislative member.

"It was a good philosophical fit," said Taylor, who had been sitting as an independent since leaving the Alberta Liberal Party nine months ago, after defeat in the party's leadership race.

"Crossing over from party A to party B is political but this is about starting something new," said Taylor.

When asked if he will run for the party's leadership, Taylor said he would like to take time to get accustomed to his now role before making that type of decision. CAROLINA NOVOTNY

CONTRIBUTED

▶ Alberta Party MLA Dave Taylor

News in brief

Calgary gives a lot of blood

CHARITY. Calgary fire, police and EMS personnel have a strong lead over their Edmonton counterparts in the Life Blood Donor Challenge running this month.

The aim is to see which city can donate the most blood over the course of a month. Currently Calgary boasts 722 more donations. METRO

Public banned from hearing

DECISION. A provincial judge ruled yesterday that members of the public will not be allowed to attend the hearing of Dustin Paxton, a man accused of torturing his roommate last year.

Paxton's lawyer Jim Lutz expressed concern that people's postings on social networks would deny his client a fair trial. The hearing will run until next Monday.

METRO

1 news

News on the move

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On the web at metronews.ca

Are inflation-related problems coming sooner than expected? Allan Small has more at metronews.ca/investing.

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Mementoes tell tale of tragic century-old expedition to South Pole. Scan code for story.

BRITISH COLUMBIA

Alberta man dies in avalanche

An avalanche has killed a 47-year-old Alberta snowmobiler in northeast B.C.

The RCMP say the slide came down Sunday near Albright Ridge, west of Tumbler Ridge, hitting a total of five people.

Two of his companions dug him out and performed CPR while the other two went for help, but a rescue crew had trouble getting to the site because of low light, snow conditions and difficult terrain.

When rescuers reached the site yesterday, the man from Grande Cache, Alta., was dead.

Three other Alberta men died in avalanches in B.C. and Alberta a week ago.

The Canadian Avalanche Centre has issued a special warning about the high risk of slides in much of B.C. THE CANADIAN PRESS

Woman 'sorry' for kidnapping

A North Carolina woman who raised a child snatched from a New York hospital more than two decades ago has admitted kidnapping the baby after her own attempts to have children failed, saying in a statement she was "truly sorry," the FBI said in court papers yesterday.

Ann Pettway confessed to taking the baby in 1987 from Harlem Hospital during an interview Sunday after she surrendered to the FBI and Bridgeport, Conn., police, a criminal complaint prepared by FBI Agent Maria Johnson said.

Pettway surrendered just days after a reunion between the child she raised — now 23-year-old Carlina White — and her biological mother. THE ASSOCIATED PRESS

Bomber kills 35 at Moscow airport

IVAN SEKRETAREV/THE ASSOCIATED PRESS

▶ Artyom Zhilenkov, a 35-year-old driver, speaks after the blast at Domodedovo airport in Moscow, yesterday. "The guy standing next to me was torn to pieces," he said. Zhilenkov was splattered by other victims' flesh and blood.

Suspected terrorist's head was recovered, says local news agency

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases.

No one claimed responsibility for the blast at Domodedovo Airport yesterday that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow.

Yesterday's attack was most likely carried out by a suicide bomber and "attempts were being made to identify him," Investigative Committee spokesman Vladimir Markin said.

Canadian Foreign Affairs Minister Lawrence Cannon issued a strong condemnation of the attack and added that he was not aware of any Canadians killed or injured in the blast.

"We condemn these cowardly acts of terrorism," Cannon said in the statement. THE ASSOCIATED PRESS

"Terrorists simply do not give up when one avenue is closed, and that's why I say, we make one mistake and a terrorist might be successful."
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Trial begins for father accused of honour killing

Falel Almaleki moved to Phoenix from Iraq His daughter refused to enter an arranged marriage at age 17

There is no doubt that an Iraqi immigrant ran over and killed his 20-year-old daughter and injured her boyfriend's mother in a suburban Phoenix, Ariz., parking lot in October 2009, a prosecutor and defence attorney agreed yesterday.

But whether it was a rage-fuelled intentional act that equals first-degree murder or an accident caused by an angry father's split-second decision — will be the subject of much debate as jurors hear evidence in the coming weeks.

Prosecutor Laura Reckart told them that Falel Almaleki was increasingly incensed at his daughter's failure to obey him. She told jurors in her opening statement in his murder trial that he believed she had dishonoured the family by becoming too Westernized. When he saw her by chance while visiting a state Department of Economic security office in Peoria on Oct. 20, 2009, his rage overflowed.

PEORIA POLICE DEPARTMENT FILE

▶ Falel Almaleki

Falel Almaleki left the office, got in his Jeep and waited for his daughter to emerge, Reckart said. Then, "he revved and raced that car right out of the parking spot in a premeditated act and ran them over."

Not so, defence attorney Elizabeth Mullins told the 16 men and women on the panel. What happened was an accident, Mullins told jurors, when Almaleki saw the older woman and made a "catastrophic" decision to spit on her to show his disdain. THE ASSOCIATED PRESS

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RioCan, Tanger to expand mall empire

American-style outlet shopping centres unique in Canada, RioCan CEO says U.S. chains seek growth

The country's largest retail landlord is teaming with a U.S. firm on a $1-billion plan to develop 10 to 15 outlet shopping centres across Canada.

The joint venture would be owned 50-50 by Toronto-based RioCan Real Estate Investment Trust and Tanger Factory Outlet Centers Inc. of Greensboro, N.C. The properties would be branded as Tanger Outlet Centers.

"In response to the increasing demand by U.S. tenants to expand into Canada, RioCan is pleased to partner with Tanger to develop Canada's first portfolio of U.S.-style outlet centres," RioCan CEO Edward Sonshine said.

33
The number of outlet malls Tanger runs in 22 U.S. states, drawing 150 million shoppers each year.

RioCan has ownership interest in 296 retail properties, including 10 under development. It also has a 14 per cent equity interest in Cedar Shopping Centers, Inc., which operates in the U.S. Northeast.

The closest Tanger Outlet to the Canadian border is about an hour's drive north of Windsor, Ont., in Howell, Michigan.

"Tanger's top retail partners are looking for growth in the Canadian market and it is our intent to provide them with the outlet shopping centre sites to meet their needs," said Steven Tanger, the president and CEO of Tanger.

RioCan — Canada's largest landlord to Zellers stores — said this month it hopes to land several Target stores as tenants when the U.S. discount retailer comes to Canada over the next few years.

THE CANADIAN PRESS

Google CEO cashes out

Eric Schmidt will collect $100 million US in equity from Google Inc. when he steps down as CEO, the company said yesterday. The stock and stock options will be granted on Feb. 2 and will vest over four years, Google said. Schmidt, 55, will be replaced by Google co-founder Larry Page, 37. But Schmidt will stay on as executive chairman.

THE ASSOCIATED PRESS

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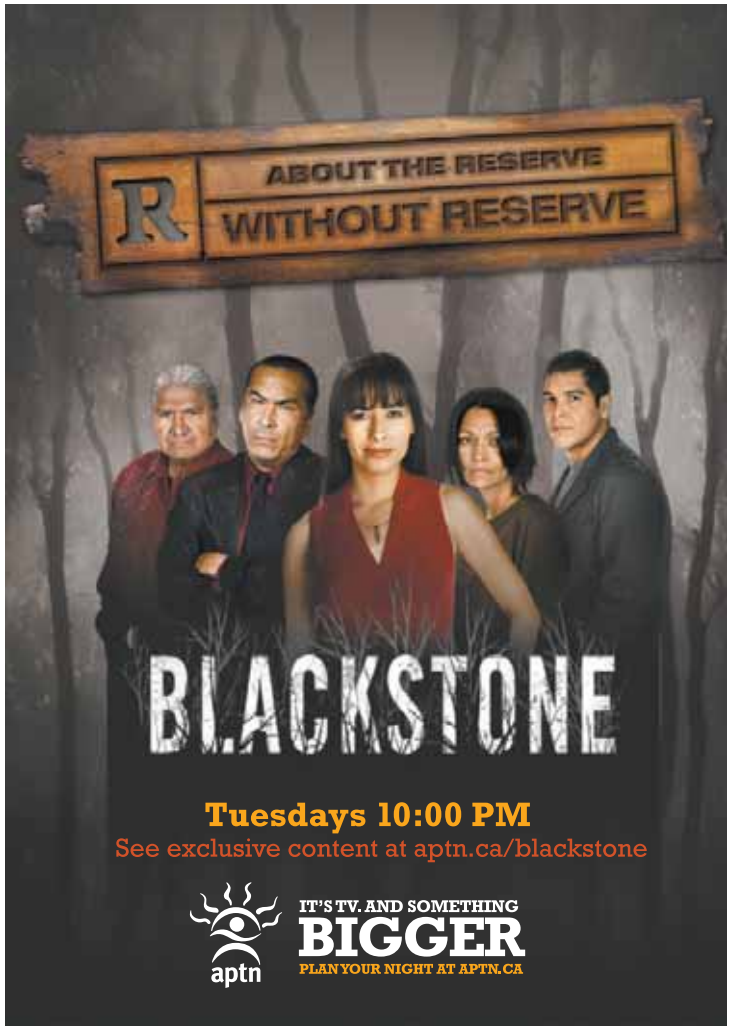

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DEALING WITH HIGH-MAINTENANCE MEN

She says ...

JESSICA NAPIER

In all my years as a shopper, and trust me there have been a lot of them, I have always wondered why women insist on dragging their husbands and boyfriends to the mall.

I feel such pity for the obviously bored significant others who try not to fall asleep as they wait patiently outside the fitting room.

However, on a recent mall outing my pity turned into true empathy as I found myself parked in a leather armchair for more than an hour watching my boyfriend try on suits. As he obsessed over sleeve length and stitching I thought to myself, hang on a minute — wasn't it my job to be the best dressed person in this relationship?

Blame it on GQ or the Mad Men phenomenon, but it seems that a growing number of young men are suiting up in the name of style.

These Don Draper wannabes aren't just dressing the part; fitness fanatics are crowding gyms in search of washboard abs and male-only spas are popping up to wax, buff and pamper an evolving breed of guys who actually care (a lot) about grooming.

And, sure, it's nice to have a mate who takes care of himself, but when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic.

"... when he accuses you of stealing his moisturizer and his suits encroach on your closet space, you start to wonder if maybe he's getting a bit too neurotic."

So how do you know if you've partnered up with a high-maintenance man?

He orders salad instead of frites with his steak and never misses a workout. He has a close shave, white teeth and perfectly manicured nails. His shoes are definitely more expensive than yours and I won't even get into his below the belt "manscaping."

But do women really want these dapper gents with their perfectly coiffed hair and wrinkle-free suits or would they prefer a mate who's more easy going and, dare I say it, a bit more manly? Watching a body conscious prima donna spend hours in front of the mirror whining about his BMI can be a serious turnoff.

Men always claim they love a girl in "jeans and a T-shirt" and guess what fellas, so do we.

So why not forgo the three-piece in favour of some denim, grow out that ruggedly handsome facial hair and remember how good it feels to say yes to the question, "Do you want fries with that?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Games that people play

Letters & Tweets

We asked: What's your favourite video game?

@megelizah: legend of zelda: ocarina of time. The game that drove me to get a triforce tattoo.
@JamieTheJedi: Chrono Trigger for SNES. Amazing RPG that still stands up after 15 years.
@m_brand: lots of great characters but the edge has to go to Leisure Suit Larry.
@Netherlandy: best video game EVER: Conker's Bad Fur Day for N64. innuendo, swearing, pop culture references and very playable!
@StuartParsons: Gran Turismo 1, 2, 3, 4, and 5 hands down. The only real racing simulator. If you've never played, get on it.
@ehmay: Kirby! That thing can eat everything and still stays cuddly. When I do that I just gain 20 pounds!
@StephaniePelley: My picks would have to be Link (Zelda series), Tifa Lockheart (FF7), Samus (Metroid Series).
@JustMeRicky: Second Life. Reason? Endless possibilities.
@ebarbaric: Game would have to be COD: Modern Warfare 2 and character clearly and definitely Kratos from God of War series.
@dantric: Favourite game up to now ... God of War ... any of them. Favourite character up to now. John Marsden from Red Dead Redemption.

Engrossed

TORSTAR NEWS SERVICE FILE

What was the best concert you saw in 2010?

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Metro Minute at novel reading

Literary enthusiasts are in for an evening of suspense at Pages on Kensington tonight. Canadian author Andrew Pyper will be reading portions of his latest offering, The Guardian, which recently found itself as the No. 2 entry on the national bestseller list.

The novel follows four small-town friends who are haunted by a secret from their childhood. When one of them commits suicide, the other three are forced to return home and confront their memories.

Pyper's reading will get underway at 7:30 p.m.

Pages on Kensington is located at 1135 Kensington Rd. NW. For more information, call 403-283-6655 or visit pages.ab.ca. METRO

CONTRIBUTED

▶ Andrew Pyper pays a visit to Pages on Kensington tonight.

What Hollywood has to offer in 2011

There are plenty of options out there for filmgoers ◗ Superhero movies aren't going away anytime soon ◗ Tinsel town also shows its love of sequels, animated films, 3-D and aliens

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

With 2010 behind us, and the Oscars and the Razzies getting ready to sort out the best and the worst from last year, it's time to look ahead at what we're excited about for 2011. So what's on tap? For one thing you can expect more comic book adaptations, with Marvel putting two more parts of its eventual Avengers movie out into the world. But more than anything else, 2011 looks to be filled with the ghosts of franchises past, with a dizzying number of sequels ready for release.

For the fanboys

While superheroes will be out in force with Thor (May 6), X-Men: First Class (June 3), The Green Lantern (June 17) and Captain America: The First Avenger (July 22), the most exciting comics-to-screen jump is Cowboys and Aliens (July 29), starring Harrison Ford and Daniel Craig as, well, cowboys. Fighting aliens. What's not to love? And speaking of aliens, the Comic-Con crowd gets to cheer itself on in Paul (March 18), in which Shaun of the Dead stars Simon Pegg and Nick Frost come across an extra terrestrial (voiced by Seth Rogen) on their way to the annual San Diego geek-fest.

For the fangirls

After 300 and The Watchmen, director Zack Snyder is letting the girls in on the action with Sucker Punch (March 25), about a group of young women (Vanessa Hudgens, Jenna Malone, Abbie Cornish) in a mental hospital who escape to a fantasy world filled with guns, explosions and mind-bending effects.

For fans of the familiar

▶ The guys from The Hangover are back for another adventure.

The sheer number of sequels coming out in the next 12 months is dizzying: Scream 4 (April 15), Pirates of the Caribbean: On Stranger Tides (May 20), The Hangover 2 (May 26), Kung Fu Panda 2 (May 27), Cars 2 (June 24), Transformers: Dark of the Moon (July 1), Spy Kids 4: All the Time in the World (August 19), Final Destination 5 (August 26), Piranha 3-DD (September 16), Paranormal Activity 3 (October 21), Happy Feet 2 (November 18), Mission Impossible: Ghost Protocol, another Sherlock Holmes movie (December 16) and A Very Harold & Kumar Christmas (December 23). Of course, the most attention will be on the finale that is Harry Potter and The Deathly Hallows — Part 2 (July 15) and the beginning of the end of the Twilight series, The Twilight Saga: Breaking Dawn — Part 1 (November 18).

▶ The Smurfs come to the big screen in August.

For the kids

The new year has some high-quality kids entertainment on tap, including some titles that might make parents nostalgic: Neil Patrick Harris leads an all-star cast in bringing The Smurfs (August 3) into the real world, and Steven Spielberg brings one of Europe's great animated characters to the big screen with The Adventures Of Tintin: The Secret Of The Unicorn (December 28). And Martin Scorsese breaks new ground with Hugo Cabret (December 9), about a 12-year-old Parisian orphan in the 1930s.

For the grown-ups...

There's plenty to entertain adults as well, as David Fincher follows up The Social Network with an English-language edition of The Girl With the Dragon Tattoo (December 21). Matt Damon and Emily Blunt go on the run in the thriller The Adjustment Bureau (March 4), based on a short story by Phillip K. Dick. And Damon shows up again in Stephen Soderbergh's Contagion (October 21), about a team of doctors dealing with the outbreak of a devastating disease. And for folks looking for a laugh, James Franco and Danny McBride head back to medieval times to rescue a princess in Your Highness (April 8). (Note, all release dates are subject to change.)

▶ The Adjustment Bureau stars Matt Damon and Emily Blunt.

▶ Thor leads the charge of superhero movies in 2011.

Twilight: Eclipse rakes in the Razzie nominations

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METRO WORLD NEWS IN LOS ANGELES

annual Razzie Awards, celebrating the worst in film for 2010, were announced yesterday, just ahead of the highly anticipated Academy Award nominations. Eclipse, the third film in the hugely popular Twilight franchise, tied with M. Night Shyamalan's The Last Airbender for the most nominations, with each film up for nine dubious honours, including worst picture. Also up for worst picture is The Bounty Hunter, Sex and the City 2 and the Twilight parody Vampire's Suck.

The Eclipse crew also racked up nominations for all three of its stars, with Kristen Stewart getting a nod for worst actress while Robert Pattinson and Taylor Lautner go head-to-head for worst actor. Stewart's competition includes Jennifer Aniston for The Bounty Hunter, Miley Cyrus for The Last Song, Megan Fox for Jonah Hex and all four stars of Sex and the City 2, who share a single nomination. Jack Black (Gulliver's Travel), Gerard Butler (The Bounty Hunter) and Ashton Kutcher (nominated for both Killers and Valentine's Day) are also up for worst actor.

As is tradition, the Razzies will be handed out in Hollywood the night before the Oscars, this year on Feb. 26.

▶ Robert Pattinson and Kristen Stewart are both up for Razzies.

2 scene

Scene in brief

Oprah Winfrey says she's learned she has a half-sister she never knew about.

Winfrey announced on The Oprah Winfrey Show that aired yesterday that a Milwaukee woman named Patricia discovered that the two were half-sisters.

The woman says she had been searching for years for the identity of the mother who gave her up for adoption in 1963. She says she learned in 2007 that Winfrey was her half-sister. On her program, Winfrey says she learned about Patricia last November.

Winfrey says she was nine years old and living with her father when her mother had the daughter and gave her up for adoption. She says she never even knew her mother was pregnant.

THE ASSOCIATED PRESS

Real upheaval in television talk world with Oprah, Larry and now Regis exiting

Willis loses Kevin Smith as a fan

Director Kevin Smith is no longer a fan of Bruce Willis after making last year's commercial flop, Cop Out, together, he says in an interview with comedian Marc Maron. Smith says he felt particularly let down by Willis' lack of promotion for the film.

METRO

Clooney not looking to get married again

George Clooney announced that he won't be getting married again during an interview with Piers Morgan on CNN.

"I've proven how good I was at it," Clooney said, refering to his previous marriage to Talia Balsam from 1989 to 1993. But it turns out this was news to Clooney's girlfriend, Elisabetta Canalis, according to Popeater.

"Elisabetta had no idea he was going to say that," a source says. "She thought she was going to be the girl who would finally get George to settle down and put a ring on it. She was totally surprised."

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GETTY IMAGES

▶ Clooney deosn't plan to tie the knot again.

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* Offer valid Jan. 20 to 31, 2011. Offers limited to quantity on hand. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

Celebrity tweets

Nicki Minaj [@NICKIMINAJ] Long day of press only to find out we've officially been kicked out the hotel!

Conan O'Brien [@Conan OBrien] I still think the Patriots can win it all this year. Never underestimate Belichick!

Tom Hanks [@tom hanks] In the year 2011 personal jewelry will be replaced by gem-studded tags that say "Hello! My name is...". Life will be simpler!

Rosario Dawson [@rosariodawson] Def needed more more than 3 1/2 hrs of sleep.

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GETTY IMAGES

▶ Jewel and Ty Murray are having a boy.

It's a boy for Jewel and Ty

Jewel and Ty Murray are expecting their first child, and they just found out it will be a boy, according to People magazine.

"We would have been happy either way, of course, but we are so excited to be having a little boy," the 36-year-old singer says.

Murray added, "I have to admit, I was doing a little dance on our way out of the doctor's office when we found out."

Jewel married Murray, a world champion rodeo cowboy, on Aug. 7, 2008 after being together for 10 years.

METRO

Hawn an excited grandma

GETTY IMAGES

▶ Goldie Hawn

With daughter Kate Hudson pregnant again, Goldie Hawn is looking forward to being a grandmother twice over, according to Us Weekly.

"I'm excited. It's exciting," she tells the magazine. "You know, we're just all very happy, happy for them both. What's more to say?"

This will be Hudson's second child. She also has a son with ex-husband Chris Robinson.

METRO

The Resolution Revolution

You promised yourself 'a New Year and a new you.' We asked celebrity trainer Matt Roberts for the top tips to get you started.

BY ROMINA MCGUINNESS

FLICKR CC JESSICAMULLEN

1

Eat Small Meals at Regular Intervals

Rather than eating three large meals, try to eat five to seven smaller meals and snacks throughout the day. This will help you regulate your hunger and provide a steady flow of energy.

FLICKR CC SWEETONVEG

2

Low Fat Is Not Always The Way to Go

Many foods marketed as being low fat are often full of processed sugars. Fat in itself is vital for a number of metabolic processes. Focus on natural, nutritious foods as well as healthy fats from fish and avocado.

GETTY IMAGES

3

Bodyweight Exercise Can Get Results

Squats, lunges and press ups from the knees are all great exercises for getting in shape. They are a great starting point for the inexperienced exerciser or if you are just getting back into a routine.

FLICKR CC ADACTO

4

Eat More Vegetables

Often people do not eat enough fruit and vegetables. Both provide a good base level of carbs as well as supporting your body with a large amount of vitamins and minerals. Try a wide variety of vegetables and fruits in your diet each day.

5

Try as Many Forms of Exercise as Possible

Training in one way generally will not get the best results. Combining different types of exercise such as Pilates, running and weight training can help maximize your efforts.

FLICKR CC 05COM

6

Match Intentions With Action

How many people start a diet that is finished within four weeks? Refocusing your goals and achieving your ideal physique is something that most people want to do but very rarely put the effort in to achieving. Make the change by matching your intentions with the right actions. If this means starting an exercise routine or cleaning up your diet then get focussed set your goals, make a plan and do it so you achieve the results that you talk about.

GETTY IMAGES

7

Drink Water or Green Tea

Fruit juice and fizzy drinks are laden with calories that will promote fat storage. While they will provide you with a short term burst of energy, in the long term they will leave you feeling tired. Keeping hydrated by consuming enough water—it helps prevent hunger pangs and burns fat more efficiently, while consuming green tea has an added advantage of enhancing your metabolism making you burn more fat at rest.

GETTY IMAGES

8

Don't Just Rely on Doing Cardio

After a period of adaptation the body becomes more efficient at using energy. For the beginner this is what you may consider as improvements in your fitnes. Most exercisers looking to reduce their waist line make their biggest mistake at this point. Improvements in cardiovascular efficiency mean that the energy is comparatively reduced. Add in at least two resistance training sessions a week to your routine to remain challenged.

GETTY IMAGES

9

Target the Process, Not the Result

Set your goals on factors that you can control. People often become fixed on a number such as "lose 10 pounds" or "fit in to a size 8 dress." While it's good to have a long term goal, you need to have short-term, achievable targets as well, to maintain your motivation. Take charge of your goals by focusing on processes, good habits, exercise and things that you can achieve (like performance of a certain exercise).

GETTY IMAGES

10

Function Follows Form

We often see new exercisers running inefficiently or performing weight training in bad form. We always emphasise good form in all training — if you can't hold good form then you could be doing yourself more damage. Get advice from a qualified professional — in the long run it will be worthwhile.

3 life

Get active

Canada's physical activity guidelines are getting a makeover. The revised guidelines released yesterday by the Canadian Society for Exercise Physiology recommend children and youth aged five to 17 get at least 60 minutes of moderate to vigorous intensity physical activity daily. This should include both vigorous-intensity activities and muscle and bone-strengthening activities at least three days a week.

THE CANADIAN PRESS

Health Canada issues recalls for jogging stollers, kids' pyjamas, snow bikes

Prostate

Do you know your body like the back of your hand?

Cancer risks revealed:

Have a look at the index finger on your right hand. Is it longer than your ring ringer? If it is, you have a lower risk of prostate cancer than your buddies who have a longer ring finger.

Precise treatment

New technique helping patients deal with the effects of prostate cancer

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WELLNESS@METRONEWS.CA

ISTOCK PHOTO

Treatment for prostate cancer will soon be more precise.

Scientists around the world are trying to figure out ways to get rid of the cancer without damaging bladder, bowel and sexual function.

Men usually survive prostate cancer (about 95 per cent are still alive after five years), but many suffer side effects because surgery and radiation can affect surrounding delicate tissue.

The prostate is a walnut-sized gland located just above a man's rectum. It creates fluid that carries sperm during ejaculation.

One new Canadian study is using frequent, high-tech digital imaging to follow changes that can happen day-to-day inside a man's body. These tiny changes can alter very slightly the radiation target.

"We are treating the tissue that surrounds the prostate, which can move and stretch, so our target may be slightly different in position or shape on the next day or the day after that," says Dr. Tim Craig, a medical physicist at Princess Margaret Hospital in Toronto.

The new technique is called adaptive radiation therapy (ART). Craig and colleagues recently won a CASARIA award and funding from the Canadian Radiation Oncology Foundation and sanofi-aventis, which allows them to start enrolling patients later this year.

"Very simple and natural changes in patient anatomy can occasionally complicate treatment," says Craig.

"For example, reduced bladder filling might allow the very sensitive small intestine to slip into the high radiation dose region. Without image-guidance, this would not be known, and the small intestine may receive an unsafe dose.

"With ART, we can see this, and use this information to adapt the treatment to ensure a safe dose."

A typical course of radiation treatment for prostate cancer patients after surgery is 33 treatment days over six and a half weeks.

Yi acupuncture and massage - Dr. Yi Fu

PhD acupuncturist with 11 years academic training neurologist in China.

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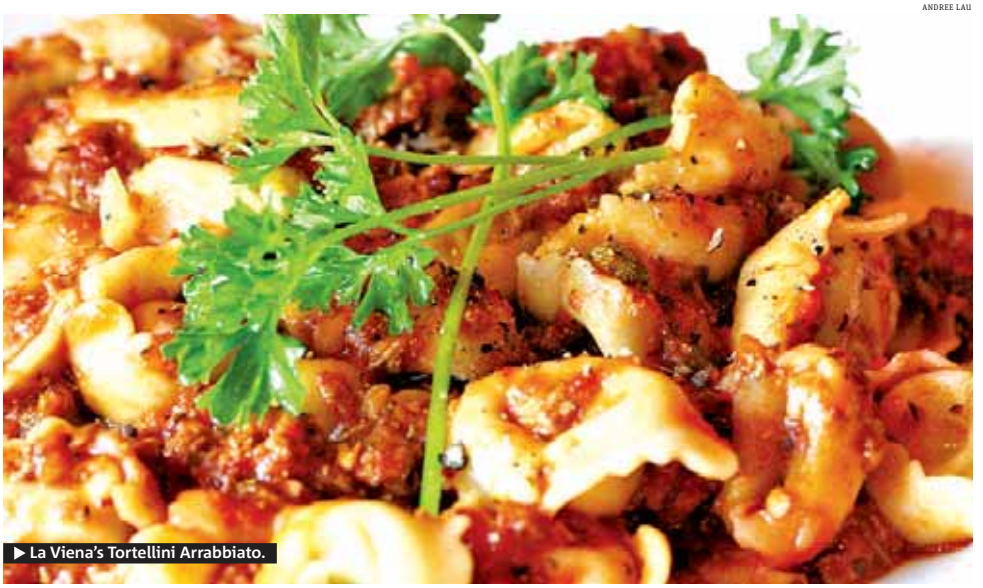
Make sure you loosen your belt for a pasta bonanza at La Viena

Located next to a gas station, this inconspicuous restaurant hits the spot with a long list of Italian dishes

ANDREE LAU



La Viena's Tortellini Arrabbiato.

La Viena
2139 Kensington Rd. N.W.
403-283-3063
Price range: $2.28 - $19.98
Low: Cheese toast ($2.28)
High: Seafood with pasta special ($19.98)
Rating: 3 out of 5
Reservations: Yes
Client negotiations: Yes
Lunch with co-workers: Yes
Social lunch: Yes
Quick solo lunch: Yes
Licensed: Yes
Hours of operation: Tues - Fri (11 a.m. - 10 p.m.), Sat (4:30 p.m. - 10 p.m.), Sun (4 p.m. - 9 p.m.)

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

If you have a hankering for pasta — and a great deal of it — head straight to La Viena.

The slightly dated decor and modest location (next to a gas station convenience store) actually work to its advantage and give the restaurant a certain charisma.

Warm buns and butter were a nice welcome at La Viena, as was the affable and attentive server.

From the long and satisfying list of pasta options, I picked the Tortellini Arrabbiato — which fulfilled the parentheses promise of spiciness.

Anchovies, capers and a white wine meat sauce mingled with veal-filled pasta.

My dining partner's Ravioli Ricotta was deliciously heavy on cheese as well as a basil cream sauce.

Both portions filled large dinner plates.

On weekdays, all dine-in lunch pastas — averaging $13.68 — are $9.68.

Bigger appetites can check out $19.98 combos like chicken parmigiana, lasagne and ravioli pesto together on one filling plate.

If you don't find what you want on the huge menu, the kitchen offers to make custom orders.

La Viena is by no means the most authentic Italian fare around, but it is diner- and wallet-friendly.

Raise your glass to Robbie Burns

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Even though I studied a bit of poetry in university, I'm ashamed to admit that when it comes to Scottish poets, I can quote more verses written by '80s duo The Proclaimers than good old Robert Burns.

My knowledge of the bard is a bit sketchy. But the one quarter of me that's Scottish is still more than happy to jump on the Robbie Burns Day bandwagon today and raise a glass to him over a meal of haggis and typsy laird (if I can find a place that offers take-out).

Scotland's liquid identity is, of course, scotch whisky: A polarizing brown spirit that I'm betting many of you who have only had a taste equate to drinking paint thinner.

As hefty as its mouthfeel can come across (especially in its single malt version), scotch is really a very sophisticated serving of booze.

If you're looking for a novice-friendly dram, try the Singleton of Glendullan ($41.99 - $48.99). It's a 12-year-old single malt from Dufftown in the region of Speyside. It serves up a floral aroma of honey, banana, orange and soft grain and a mellow, well-round honeyed sweetness that ends in a long mocha finish. Sláinte Robbie.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

▶ Jason & Stephanie

WITH A LITTLE HELP FROM A FRIEND

Names:
Jason, 26 & Stephanie, 25
Current city:
Eastern Passage, N.S.
Together since:
2003

Their story:

It was 2003 and I (Stephanie) just arrived home for the holidays from my first semester at university.

My best friend, Jill, called me to come out with her to a party.

She introduced me to some of her new college friends, including a guy named Jason.

I was immediately attracted to him, but I was told he had a crush on Jill.

But when she informed me that she was not interested, I made my move and initiated conversation with him.

A week later, we had our first date: Chinese food and a movie.

A month later, we were an official couple. Six years later, we bought our first home.

On Christmas morning of 2009, Jason proposed to me.

A year later, in November 2010, we were married!

I am very thankful to my best friend for helping me find my soulmate.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

ADDICTED TO ITUNES: IT COULD BE WORSE

My husband is an iTunes junkie. The bills are ridiculous. Help!

Angela says ...
OMG, are you married to Derek too?

Derek says...
Compared with an album junkie who cruises record stores every weekend and brings home armloads of purchases, maybe his tab isn't so bad. I'm no financial whiz, but some expenses should remain private.

Your husband can open his own iTunes account that doesn't use a joint credit card and pay those bills on time.

Who knows? He might surprise you with the occasional new music mix, the latest hot game for your iPhone, or a cool app that maps the stars and planets in the night sky.

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Living on the hedge

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

On Wednesday, Jan. 12, the Canadian dollar hit a two and a half year high of 1.0154 against the greenback. Most experts, including Finance Minister Jim Flaherty, predict that the loonie will stay around par for the foreseeable future, and many expect it to rise further.

A strong loonie means happy days for travellers and shoppers. Statistics Canada reports travel by Canadians to the United States climbed 3.2 per cent in November, while overnight car trips were up by 6.2 per cent, to 1.1 million.

However, if the Canadian dollar continues to climb, investors in the stock market will see the paper value of their U.S. dollar investments slide once converted to Canadian currency. But a bit of good, old-fashioned hedging can go some way to ameliorating the situation.

ISTOCK

▶ Some argue that a stay-at-home investment option lacks diversification. However after the past few years on the stock market, home is looking pretty good.

Money matters

- Loonie low: - 62 cents in 2002
- Loonie high -- $1.09 in 2007

One of the easiest options is to purchase U.S. investments through exchanged traded funds (ETFs), which employ their own hedging strategy to neutralize the currency factor. So, no matter what happens to the dollar, the investment is not affected. The unit price will go up and down with the stock market but currency moves alone won't alter the value.

Another option is to stay home and invest only in Canadian stocks, bonds or mutual funds. The sticks and stones of currency traders won't break any investment bones.

The final option is to plunge in and buy U.S. investments in U.S. dollars, betting that the loonie won't last long at such lofty heights.

Most economists agree that the fair value of the dollar is around .85 cent, so it seems a reasonable assumption that it will eventually fall back to that level.

If you choose the latter, then be prepared for your bottom line to decline if the loonie heads north.

Fun and Frugal

LESLEY SCORGIE
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THE CARD'S A KILLER

Besides owing money to a loan shark, credit card debt is the worst. Credit cards are a convenient way to pay for things whether you can afford them or not.

The truth is, if you don't carry a balance, and if you charge an item to your card, you've got 30 days to pay it off without paying interest on the purchase. If, however, you can't pay off the balance, your credit card company will charge interest, typically 17 to 22 per cent, on your purchase.

Remarkably, many store credit cards charge even higher interest rates — some in the range of 28 or 29 per cent. If you charge a purchase on your credit card while carrying an existing balance, there is a 21-day grace period before you'll be charged interest.

Because of high credit limits and the temptation to spend, a balance can accumulate quickly. This is difficult to pay off for four reasons: first, high interest rates; second, credit card companies set minimum payments between two and six per cent of the outstanding balance (or $10, whichever is highest), which barely covers the interest charges on the card; third, interest is calculated daily, not monthly; and forth, as you pay off your credit card balance, your minimum payment declines because it's set at a percentage of the balance.

Because some consumers pay only the minimum payment, this extends the time it takes to pay it off. Deal with credit card debt by; having only one card; reducing the credit limit; and paying a little extra each month and in higher frequency.

Owing money on a credit card forces us into a situation where we are continually paying for the past rather than investing in the future!

Love and money

Are you and your partner financially compatible?

"Money is one of the biggest areas of conflict between spouses, and talking about it today is an excellent way to avoid unpleasant surprises tomorrow," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp.

"Getting on the same page financially helps ensure you are pursuing compatible goals."

Consider the following advice:

• Share financial histories. Discuss your credit histories, including debts. Are you both spenders or savers, or are you opposites? How do you set priorities and allocate funds? Do you budget and plan, or spend impulsively?

• Communicate your goals. Discuss what your future entails. What type of lifestyle do you expect to have? Does it include travel, a larger home or other major expenses? When do you want to retire and are your current RRSP contributions sufficient? Create a financial plan that takes into account both of your goals.

• Consider your investments. Choose a financial advisor together. Get advice on how to align your portfolios with your family goals.

Regularly review what investments you have and ensure you both understand how your money is working for you.

NEWSCANADA

NEWS CANADA

▶ The couple that budgets together, stays together.

Latest News
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Planning happiness

ISTOCK

▶ Come up with a plan of attack for your finances and you might just improve your emotional well being, too.

Money may not buy happiness, but a sound financial plan can give you a more optimistic outlook on life

Can money buy you happiness? Probably not. But a financial plan just may be the ticket — and you don't have to be rich to have one.

Although happiness means different things to different people, it's hard to deny that those who feel they are closer to living the life they want may be a tad happier. And financial planning seems to be a powerful tool to help people achieve these life goals.

The Financial Planning Standards Council, the not-for-profit organization that awards certified financial planner certification and is committed to seeing Canadians improve their lives by engaging in financial planning, conducted a study that explored Canadians' financial planning activities and their levels of emotional and financial well being.

"Financial planning involves a variety of financial strategies, but is ultimately about meeting your life goals through properly managing your finances during the good and tough times in life," says Cary List, president and CEO of FPSC.

The study showed that the connection between one's level of optimism and peace of mind held true across a wide range of net worth groups. This affirms that there is value in financial planning for everyone, not just wealthy people.

NEWS CANADA

Learn more

Visit fpsc.ca to learn more about how to:

- **Find** a financial planner professional in your area.
- **Learn** more about how financial planning can help you meet your life goals.
- **Review** the 10 Questions to Ask a Planner Guide.

Optimism factor

Those who have comprehensive financial plans report being more optimistic about factors related to their emotional and financial well being.

- **77 per cent of people** with financial plans said they felt their goals are achievable, compared with only 50 per cent who do no planning.
- **62 per cent** with plans said they feel content with how their life is going, compared with 37 per cent with no plans.
- **61 per cent** with plans said they have peace of mind, compared with 36 per cent with no plans.
- **64 per cent** said they are prepared to manage through tough economic times, compared with 33 per cent with no plans.

NEWS CANADA

Finding the right investment advisor

When it comes to money, the best advice is to rely on the experts.

A good investment advisor can make sense of the volatile stock markets and help you meet your long-term goals. But how do you find the right advisor for you?

"Finding an investment advisor that meets your needs requires a little homework," says Pierre McLean, senior vice-president of Franklin Templeton Investments Corp. "Take time to find the right one as it's one of the most important financial relationships you will ever have."

Here we offer five easy ways to help you find the right advisor for you.

Research. Review your investing history, assets, goals and risk tolerance. This research will better prepare you for interviews with prospective advisors.

Referrals. Ask friends, family and colleagues for their insight. How and why did they choose their advisor?

Interviews. Take the time to interview several candidates. Find out about their education, experience, accreditation and business practices.

References. Ask to speak with current clients. Do they understand their portfolio and its performance? Can they reach their advisor easily?

Compensation. A good advisor will be open with you and detail exactly how they are compensated. In general, advisors are paid for advice through commissions, fees or a combination of these methods.

NEWS CANADA

NEWS CANADA

▶ Take the time to hunt down an advisor that fits your needs.

5 BUDGET TIPS

Start with your monthly after-tax income.

- Write down how much money you take home each month (which is what you earn less taxes and deductions). This is the starting point for your budget.

Create a list of what you need to pay for every month.

- Figure how much your necessary expenses (such as food, rent and utilities) cost you each month. Be honest with yourself about what is a necessary expense. For example, you don't need satellite TV, but if you want it, you can prioritize it once you've figured out what you truly can't live without.

Determine how much to save.

- You should also be saving some of that disposable income each month. Many experts suggest putting away 10 per cent of your gross (pre-tax) income. If you are not disciplined enough to set aside money, arrange with your bank for an automatic transfer every month to a savings account or TFSA.

Decide what you want to do with the remaining money.

- "This is the area of your budget where you get to have fun. Think about what items, activities and other expenses you truly enjoy and want to prioritize," says Carrie Russell, senior vice-president of TD Canada Trust.

Track your spending and stick to your budget.

- Once you know how much money you can spend, don't spend more. This is the most important step and can be the most difficult. In particular, watch out for impulse purchases, which tend to be less about needs and more about wants.

NEWS CANADA

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▶ Don't let your finances crash down around you like a house of cards.

Disaster-proof your finances

Household debt has reached an all-time high Economic slowdown was a wake-up call Here are a few tips to prepare for the unexpected

The recession may be over but many Canadian families are still struggling to regain financial stability. The average household debt reached an all-time high of $96,100 in 2009, according to The Vanier Institute of the Family.

"The economic slowdown in 2008 and 2009 was a wake-up call for many families who realized they were unprepared for financial upheaval," said Liz Lunney, senior vice-president of the Fiduciary Trust Company of Canada. "The good news is that a few simple steps can help families prepare themselves for the unexpected."

Here are four tips to disaster-proof your finances.

- Create a realistic family budget with your partner. Ensure you account for all family activities and include a reasonable amount for entertainment. Review your budget regularly to ensure you stay on track.
- Have a safety net. Prepare for the unexpected and contribute to a "rainy day" account that will cover your budget should you face an unplanned drop in income. A good target is six months income.
- Get your advisor involved in your family finances and meet with them regularly. A trusted professional can help you build the right financial plan.
- Plan for the future. Ensure that your financial plan addresses short- and long-term goals. Make your children's education and your own retirement top priorities. Open an RRSP for you, and an RESP for each of your children.

NEWS CANADA

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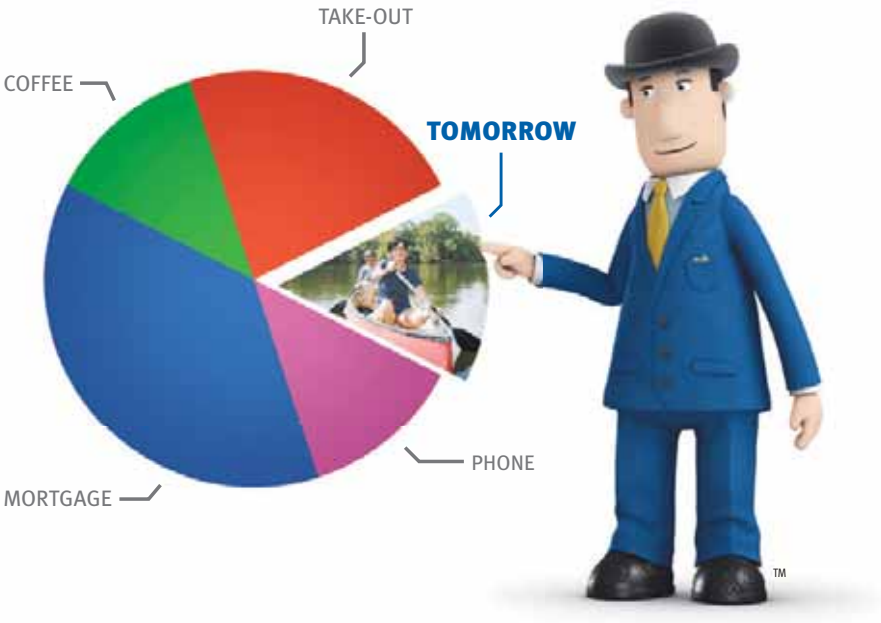

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Need a flexible, tax-free savings solution? Try a TFSA.

By **Jamie Golombek**
Managing Director,
Tax and Estate Planning,
CIBC

Few things in life are as certain as taxes, but since January 2009 Canadians have had access to a valuable exception: the Tax-Free Savings Account (TFSA). A versatile, tax-efficient and flexible savings solution, TFSAs are a great complement to almost any individual's overall financial plan.

The most compelling feature of the TFSA is its flexibility. Canadians can contribute up to $5,000 annually and are free from many of the withdrawal and tax restrictions that apply to other registered savings plans, making the TFSA an excellent choice for any number of savings goals. While plan contributions are not tax-deductible as with Registered Retirement Savings Plans (RRSPs), for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age Security or Guaranteed Income Supplement.

TFSA earnings grow tax-free and account holders can withdraw funds at any time

TFSAs are also quick and easy to open. And they're useful to hold in addition to other registered plans, such as RRSPs or Registered Education Saving Plans (RESPs), especially if you've already exceeded your annual contribution limit or the lifetime maximum.

Additionally, there's an added incentive to those who have yet to open a TFSA account to do so now. You now have the opportunity to contribute up to $10,000 for 2010 as your carry-forward amount builds each year.

To take advantage of this tax-saving opportunity, talk to an advisor about how a TFSA could help you reach your financial goals, whether you're looking to save for today's needs or your dream retirement. An advisor can also help you select the options that best align to your personal financial needs from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

So if you want to make sure your savings plan is built to enhance your financial well-being, do yourself a favour and consider building it with the flexibility of a TFSA.

SWITCH and learn how EASY saving can be.

With a **CIBC Tax-Free Savings Account**, maximize your savings and keep more for yourself. To help achieve your financial goals sooner, a CIBC advisor will work with you to choose the right TFSA that works best for you – from savings accounts and GICs to mutual funds, managed portfolios and brokerage solutions.

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4 sports

Flames continue winning ways

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Nashville Predator Kevin Klein has the puck stolen from him by the Flames' Jarome Iginla during the second period last night.

Calgary rattles off another win to improve to 9-3-3 in last 15 games

	1	2	3
FLAMES	1	1	1
PREDATORS	0	1	0

Miikka Kiprusoff made 23 saves and Jarome Iginla scored the winner last night as the Calgary Flames upended the Nashville Predators 3-1.

Curtis Glecross and Brendan Morrison, with his third in three games, had the other goals for Calgary. Alex Tanguay and Matt Stajan added two assists each.

David Legwand replied for the Predators, who got 24 saves from Pekka Rinne.

Calgary's third straight win came on the heels of back-to-back victories over the weekend against the red-hot Dallas Stars and Western Conference-leading Vancouver Canucks.

Nashville entered the night having won 10 of its last 12 to move into fourth place in the Western Conference.

Leading 2-1 in the third and with Nashville pressing, Morrison finished off a man-advantage passing play at 14:08 for his eighth goal of the season.

Iginla gave Calgary (23-21-6) the lead at 13:01 of the second on the power play.

After three failed attempts with the man advantage, the Flames connected just 17 seconds into their fourth.

Tanguay's slapshot was stopped by Rinne but Stajan slid the rebound to a wide-open Iginla, who buried his team-leading 21st goal.

The Flames scored two power-play goals for the first time in 18 contests against the league's third-best penalty kill.

Calgary scored the lone goal of the first period on a bizarre play at 10:14.

From the side of the Nashville net, Glencross had his shot deflect off a stick and loop up in the air and over a helpless Rinne.

Legwand tied it at 10:32 of the second for Nashville (27-16-6), knocking home a shot that squirted through Kiprusoff's pads.

Kiprusoff was pulled twice in his previous four starts before turning in a 41-save performance Saturday night in the Flames' 4-3 shootout win over Vancouver.

The 34-year-old was solid again versus the Predators, saving his best work for the third period as Nashville peppered him with 11 shots.

THE CANADIAN PRESS

Quoted

"My mind was ready to fight for every point, but the legs weren't following as much and neither was the arm."

CANADIAN MILOS RAONIC ON THE END OF HIS SURPRISING RUN AT THE AUSTRALIAN OPEN. THE BIG-SERVING QUALIFIER FROM THORNHILL, ONT., DROPPED A 4-6, 6-2, 6-3, 6-4 DECISION TO NO. 7 SEED DAVID FERRER IN FOURTH-ROUND PLAY YESTERDAY.

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Federer in semis again

Defending champion Roger Federer advanced to the Australian Open semi-finals with a 6-1, 6-3, 6-3 win over Stanislas Wawrinka today in a match that had all the intensity of a practice session.

Federer, aiming to become the first man to win five Australian titles, was playing in his record-tying 27th consecutive Grand Slam quarter-final. He is into his eighth consecutive semifinal at Melbourne Park.

"I had to fight extremely hard and I thought Stan played an amazing tournament."
ROGER FEDERER

No. 19 Wawrinka was playing at this stage for only the second time at a major and struggled against Federer in the first all-Swiss quarter-final at a Grand Slam. He had only beaten Federer once in their seven previous matches. THE ASSOCIATED PRESS

ANDREW BROWNBILL/THE ASSOCIATED PRESS

▶ Stanislas Wawrinka

Sports in brief

No all-star game for Sid

NHL. Sidney Crosby won't attend the NHL all-star game this weekend because he's still recovering from a concussion.

The Pittsburgh Penguins made the announcement yesterday in a statement on the team's website.

THE CANADIAN PRESS

Bengals won't trade Palmer

NFL. Bengals owner Mike Brown says he won't trade quarterback Carson Palmer.

Brown said yesterday that Palmer met with him a little more than a week ago and asked to be traded.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	49	32	12	2	3	169	128	69	15-7-0-2	17-5-2-1	8-2-0-0	W1
d-Tampa Bay	50	30	15	3	2	152	154	65	15-4-1-1	15-11-2-1	6-4-0-0	W4
d-Boston	48	27	14	2	5	150	109	61	12-9-1-2	15-5-1-3	6-3-1-0	W1
Pittsburgh	49	30	15	2	2	153	114	64	16-9-1-0	14-6-1-2	5-4-0-1	W1
Washington	50	27	14	5	4	140	128	63	16-5-2-4	11-9-3-0	4-2-3-1	L1
NY Rangers	51	29	19	2	1	145	122	61	12-10-1-1	17-9-1-0	6-4-0-0	W2
Montreal	49	27	17	4	1	128	118	59	16-6-3-1	11-11-1-0	6-1-2-1	L1
Atlanta	51	23	19	3	6	151	166	55	11-9-1-4	12-10-2-2	3-4-1-2	L3
Carolina	49	24	19	2	4	149	153	54	13-8-1-1	11-11-1-3	6-4-0-0	W1
Buffalo	48	22	21	5	0	134	142	49	11-12-1-0	11-9-4-0	6-3-1-0	W1
Florida	47	21	21	2	3	126	126	47	11-8-2-3	10-13-0-0	3-4-1-2	L4
Toronto	48	19	24	2	3	124	151	43	10-11-2-2	9-13-0-1	5-4-0-1	L2
Ottawa	49	17	25	4	3	106	157	41	9-14-1-2	8-11-3-1	1-7-0-2	L5
NY Islanders	47	15	25	3	4	117	157	37	8-11-1-3	7-14-2-1	3-6-0-1	L1
New Jersey	48	16	29	2	1	100	143	35	9-13-1-1	7-16-0-1	6-3-1-0	W4

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	48	29	10	4	5	156	119	67	15-3-1-4	14-7-3-1	4-2-1-3	L4
d-Detroit	48	29	13	4	2	163	142	64	14-6-3-1	15-7-1-1	5-4-0-1	L1
d-Dallas	48	29	14	1	4	143	129	63	15-6-1-3	14-8-0-1	7-2-0-1	L1
Nashville	49	27	16	4	2	133	117	60	11-4-3-2	16-12-1-0	7-3-0-0	L1
Anaheim	51	27	20	2	2	137	144	58	17-7-0-1	10-13-2-1	7-3-0-0	W1
Phoenix	49	24	16	6	3	141	139	57	10-8-3-2	14-8-3-1	6-3-0-1	L1
Chicago	49	26	19	2	2	155	135	56	16-12-0-0	10-7-2-2	6-3-0-1	L1
Colorado	49	25	18	6	0	159	160	56	14-10-3-0	11-8-3-0	5-4-1-0	W1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Minnesota	48	24	19	1	4	126	132	53	11-11-0-2	13-8-1-2	6-4-0-0	L1
Calgary	50	23	21	2	4	140	151	52	13-9-0-1	10-12-2-2	5-2-1-2	W3
Los Angeles	48	25	22	1	0	138	122	51	15-9-1-0	10-13-0-0	3-7-0-0	W1
Columbus	48	23	20	3	2	128	149	51	12-10-0-1	11-10-3-1	3-5-1-1	W2
St. Louis	48	22	19	3	4	129	142	51	15-8-1-2	7-11-2-2	2-6-1-1	L3
Edmonton	47	14	25	1	7	117	162	36	7-13-1-3	7-12-1-3	2-7-0-1	L5

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 3 Nashville 1
Carolina 6 Toronto 4
Colorado 4 St. Louis 3
N.Y. Rangers 2 Washington 1 (SO)
Dallas at Vancouver
Boston at Los Angeles
Sunday's results
Nashville 3 Edmonton 2 (SO)
Buffalo 5 N.Y. Islanders 3
New Jersey 5 Florida 2
Philadelphia 4 Chicago 1
Tampa Bay 7 Atlanta 1
Tonight's games
All times Eastern
Florida at N.Y. Rangers, 7 p.m.
Montreal at Philadelphia, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Anaheim at Columbus, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
Minnesota at Chicago, 8:30 p.m.
Edmonton at Phoenix, 9 p.m.

HURRICANES 6, MAPLE LEAFS 4

First Period
1. Carolina, Corvo 7 (Pitkanen, Ruutu) 12:16 (pp)
2. Toronto, Kaberle 2 (Kessel, Crabb) 19:51
Penalties — Kaberle Tor (tripping) 5:39, Gunnarsson Tor (high-sticking) 11:21, MacArthur Tor, LaRose Car (fighting) 12:19, Gleason Car (roughing) 16:51, Grabovski Tor, Kulemin Tor (roughing), Pitkanen Car (holding), Gleason Car (fighting, game misconduct) 20:00.
Second Period
3. Carolina, McBain 3 (Jokinen) 11:16
Penalties — Kaberle Tor (hooking) 2:58, White Car (hooking) 5:22, Skinner Car (holding) 15:25, Cole Car (interference) 16:00, Armstrong Tor (hooking) 19:16.
Third Period
4. Carolina, Bra.Sutter 9 (White, Boychuk) 1:49
5. Toronto, Brent 5 (Schenn, Beauchemin) 3:18
6. Toronto, Brent 6 (Phaneuf, Brown) 4:29 (sh)
7. Carolina, Bra.Sutter 10 (Jokinen) 8:55
8. Carolina, Skinner 18 (Corvo, E.Staal) 11:02 (pp)
9. Toronto, Brown 2 (Brent, Gunnarsson) 14:15 (pp)
10. Carolina, Cole 13, 19:13 (en)
Penalties — Crabb Tor (hooking) 3:42, Sjostrom Tor (goaltender interference) 9:53, Harrison Car (slashing) 12:21, Sjostrom Tor (holding) 14:41, Beauchemin Tor (tripping) 16:26.
Shots

Toronto	6	14	10—30
Carolina	5	15	8—28

Goal — Toronto: Giguere (L,9-9-3); Carolina: Ward (W,21-15-5). **Power plays (goals-chances)** — Toronto: 1-7; Carolina: 2-7. **Referees** — Gord Dwyer, Dan O'Rourke. **Linesmen** — Bryan Pancich, Anthony Sericolo. **Att.** — 16,201 (18,680) at Raleigh.

FLAMES 3, PREDATORS 1

First Period
1. Calgary, Glencross 12 (Stajan, Hagman) 10:14.
Penalties — Suter Nash (slashing) 2:33, Halischuk Nash (hooking) 7:49, Giordano Cal (hooking) 11:57, Glencross Cal (slashing) 17:44.
Second Period
2. Nashville, Legwand 7 (Wilson, Ward) 10:32
3. Calgary, Iginla 21 (Stajan, Tanguay) 13:01 (pp)
Penalties — Legwand Nash (hooking) 5:03, Sarich Cal (cross-checking) 10:50, Ward Nash (high-sticking) 12:44, Nashville bench (too many men; served by Hornqvist) 14:20, Bouwmeester Cal (hooking) 18:44.
Third Period
4. Calgary, Morrison 8 (Tanguay, Giordano) 14:08 (pp)
Penalties — Sarich Cal (tripping) 7:55, Smithson Nash (hooking) 13:31.
Shots

Nashville	6	7	11—24
Calgary	8	14	5—27

Goal — Nashville: Rinne (L,17-12-4); Calgary: Kiprusoff (W,19-18-2). **Power plays (goals-chances)** — Nashville: 0-5; Calgary: 2-6. **Referees** — Francis Charron, Brad Watson. **Linesmen** — Mike Cvik, Don Henderson. **Att.** — 19,289 (19,289) at Calgary.

LATE SUNDAY

PREDATORS 3, OILERS 2 (SO)

First Period
1. Nashville, Sulzer 1 (Kostitsyn, Franson) 11:53
Penalties — Vandermeer Edm (interference) 0:51, Sulzer Nash (holding) 9:46, Stortini Edm (charging) 13:17, Belak Nash (roughing) 17:33.
Second Period — No Scoring.
Penalties — Peckham Edm (holding) 3:37, Belak Nash (hooking) 9:51.
Third Period
2. Edmonton, Cogliano 7 (Reddox, Peckham) 2:03
3. Nashville, Ward 6 (Sulzer, Franson) 14:05 (pp)
4. Edmonton, Hall 15 (Penner, Vandermeer) 16:13
Penalties — Smid Edm (holding) 12:10, Peckham Edm (hooking) 19:14.
Overtime — No Scoring.
Penalty — Suter Nash (tripping) 1:21.
Shootout — Nashville wins 1-0
Nashville (1) — Goc, miss; Franson, goal.
Edmonton (0) — Omark, miss; Gagner, miss; Hall, miss.
Shots

Nashville	5	7	14	2—28
Edmonton	5	9	6	4—24

Goal — Nashville: Rinne (W,17-11-4); Edmonton: Dubnyk (SOL,4-4-6). **Power plays (goals-chances)** — Nashville: 1-5; Edmonton: 0-4. **Referees** — Rob Martell, Brad Watson. **Linesmen** — Andy McElman, Don Henderson. **Att.** — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	34	61
St. Louis, TB	20	40	60
H.Sedin, Vcr	10	48	58
B.Richards, Dal	19	37	56
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
E.Staal, Car	23	25	48
Kopitar, LA	16	32	48
Giroux, Pha	18	28	46
Backstrom, Wash	12	34	46
Kesler, Vcr	26	19	45
Sharp, Chi	25	20	45
Iginla, Cal	20	25	45
M.Richards, Pha	17	28	45
Duchene, Col	19	25	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Briere, Pha	25	18	43
J.Carter, Pha	22	21	43
Heatley, SJ	18	25	43
Selanne, Ana	14	29	43
Havlat, Minn	13	30	43
Nash, Clb	22	20	42
M.Koivu, Minn	14	28	42
Lidstrom, Det	11	31	42
P.Stastny, Col	17	24	41
Byfuglien, Atl	16	25	41
Hejduk, Col	15	26	41
Enstrom, Atl	8	33	41
Visnovsky, Ana	8	33	41
Letang, Pgh	7	34	41
Plekanec, Mtl	16	24	40
MacArthur, Tor	15	25	40
Yandle, Phx	7	33	40
Vanek, Buf	18	21	39
Skinner, Car	17	22	39
Bergeron, Bos	16	23	39
Ladd, Atl	16	23	39
Datsyuk, Det	12	27	39
Ruutu, Car	12	27	39
Ryan, Ana	22	16	38
J.Williams, LA	18	20	38

Not including last night's games

NFL

CONFERENCE CHAMPIONSHIPS

Yesterday's results
NFC
Green Bay 21 Chicago 14
AFC
Pittsburgh 24 N.Y. Jets 19

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV

Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Tuesday's results
WOMEN
Singles — Quarter-finals
Li Na (9), China, def. Andrea Petkovic (30), Germany, 6-2, 6-4.
MEN
Singles — Quarter-finals
Roger Federer (2), Switzerland, def. Stanislas Wawrinka (19), Switzerland, 6-1, 6-3, 6-3.
Monday's results
MEN
Singles — Fourth Round
Rafael Nadal (1), Spain, def. Marin Cilic (15), Croatia, 6-2, 6-4, 6-3.
Alexandr Dolgopolov, Ukraine, def. Robin Soderling (4), Sweden, 1-6, 6-3, 6-1, 4-6, 6-2.
Andy Murray (5), Britain, def. Jurgen Melzer (11), Austria, 6-3, 6-1, 6-1
David Ferrer (7), Spain, def. **Milos Raonic, Thornhill, Ont.**, 4-6, 6-2, 6-3, 6-4.
WOMEN
Singles — Fourth Round
Vera Zvonareva (2), Russia, def. Iveta Benesova, Czech Republic, 6-4, 6-1.
Kim Clijsters (3), Belgium, def. Ekaterina Makarova, Russia, 7-6 (3), 6-2.
Agnieszka Radwanska (12), Poland, def. Peng Shuai, China, 7-5, 3-6, 7-5.
Petra Kvitova (25), Czech Republic, def. Flavia Pennetta (22), Italy, 3-6, 6-3, 6-3.

LACROSSE

NLL

WEEK FOUR
Friday's games
All times Eastern
Philadelphia at Boston, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Jan. 29
Buffalo at Toronto, 7 p.m.
Colorado at Philadelphia, 7 p.m.
Boston at Rochester, 7:35 p.m.
Washington at Minnesota, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.

GOLF

PGA TOUR FEDEXCUP LEADERS

(all figures in U.S. dollars)

Rank, Name	Points	Money
1. Jonathan Byrd	534	$1,146,606
2. Jhonattan Vegas	509	$911,880
3. Mark Wilson	508	$1,000,700
4. Bill Haas	330	$622,000
5. Robert Garrigus	300	$635,000
6. Tim Clark	299	$571,000
7. Matt Kuchar	283	$561,125
8. Steve Marino	250	$494,350
9. Gary Woodland	245	$440,000
10. Ryan Palmer	210	$360,200
11. Steve Stricker	195	$429,500
12. Graeme McDowell	190	$412,000
13. Matt Bettencourt	183	$301,500
14. Brian Gay	160	$284,286
15. Kevin Na	153	$247,357
16. Jimmy Walker	135	$264,000
17. Jerry Kelly	127	$223,556
18. Jason Day	123	$219,357
19. Carl Pettersson	123	$286,500
20. Chris Kirk	122	$185,550
21. Justin Rose	116	$226,286
22. Bill Lunde	115	$212,556
23. Anthony Kim	107	$169,786
24. Daniel Summerhays	101	$146,606
25. Arjun Atwal	100	$166,925
26. Boo Weekley	97	$121,256
27. Stuart Appleby	96	$151,286
28. Cameron Beckman	96	$124,357
29. Ian Poulter	95	$201,500
30. Derek Lamely	93	$135,556
31. Brendon de Jonge	93	$97,232
32. Shigeki Maruyama	88	$177,375
32. Roland Thatcher	88	$177,375
34. Keegan Bradley	84	$161,020
35. Chris Couch	83	$150,625
36. Ernie Els	81	$106,800
37. Webb Simpson	78	$96,148
38. Fredrik Jacobson	77	$65,478
39. Chad Campbell	76	$106,852
40. Jim Furyk	75	$162,000
40. Dustin Johnson	75	$162,000
Also		
83. Stephen Ames	**34**	**$24,778**
106. Matt McQuillan	**17**	**$12,705**
124. David Hearn	**1**	**$10,395**

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

DETROIT TIGERS—Traded RHP Armando Galarraga to Arizona for RHP Kevin Eichhorn and LHP Ryan Robowski.
OAKLAND ATHLETICS—Agreed to terms with 3B Andy LaRoche on a minor league contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Agreed to terms with RHP Micah Owings on a minor league contract.
COLORADO ROCKIES—Agreed to terms with RHP Jason Hammel on a two-year contract. Acquired RHP Clayton Mortensen from Oakland for RHP Ethan Hollingsworth. Designated RHP Samuel Deduno for assignment.
HOUSTON ASTROS—Agreed to terms with INF Jose Carlos Thompson on a minor league contract.
MILWAUKEE BREWERS—Agreed to terms with RHP Kameron Loe on a one-year contract.
NEW YORK METS—Named Wally Backman manager and Marc Valdes pitching coach for Binghamton (EL).
SAN FRANCISCO GIANTS—Agreed to terms with RHP Jeff Suppan on a minor league contract.
WASHINGTON NATIONALS—Agreed to terms with RHP Todd Coffey on a one-year contract. Designated RHP Shairon Martis for assignment.

BASKETBALL

NBA

DALLAS MAVERICKS—Signed G-F Peja Stojakovic off waivers from Toronto. Traded C Alexis Ajinca to Toronto for the rights to F Georgios Printezis.

FOOTBALL

NFL

CHICAGO BEARS—Signed G Johan Asiata, CB K.J. Gerard, OT Levi Horn, LB Chris Johnson, LB Patrick Trahan and FB Eddie Williams to reserve/future contracts.
MINNESOTA VIKINGS—Named James Saxon running backs coach.

CFL

B.C. LIONS—Signed RB Jamal Robertson has signed a contract extension through the 2012 season.

HOCKEY

NHL

NHLPA—Named Colin A. Campbell director of corporate sponsorships. Retained Richard Rodier as a lawyer and economic consultant. Named Robert DeGregory and Maria Dennis associate counsel.
CAROLINA HURRICANES—Recalled F Zach Boychuk from Charlotte (AHL).
NEW JERSEY DEVILS—Assigned LW Alexander Vasyunov to Albany (AHL).
NEW YORK ISLANDERS—Returned F Rhett Rakhshani to Bridgeport (AHL).
OTTAWA SENATORS—Recalled F Bobby Butler from Binghamton (AHL).
PHOENIX COYOTES—Recalled C Andrew Ebbett from San Antonio (AHL). Reassigned F Brett MacLean to San Antonio (AHL).
SAN JOSE SHARKS—Assigned LW John McCarthy to Worcester (AHL).

SOCCER

MLS

COLUMBUS CREW—Signed D Kwaku Nyamekye to a multiyear contract.
RED BULL NEW YORK—Signed MF Jan Gunnar Solli.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	33	10	.767	—
d-Miami	31	13	.705	2½
d-Chicago	31	14	.689	3
Atlanta	29	16	.644	5
Orlando	29	16	.644	5
New York	23	21	.523	10½
Philadelphia	19	25	.432	14½
Charlotte	17	25	.405	15½
Indiana	16	25	.390	16
Milwaukee	16	26	.381	16½
Detroit	17	28	.378	17
Washington	13	30	.302	20
New Jersey	13	32	.289	21
Toronto	13	32	.289	21
Cleveland	8	36	.182	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	37	7	.841	—
d-L.A. Lakers	32	13	.711	5½
New Orleans	30	16	.652	8
Dallas	28	15	.651	8½
d-Oklahoma City	28	16	.636	9
Utah	27	17	.614	10
Denver	25	18	.581	11½
Portland	25	21	.543	13
Memphis	22	23	.489	15½
Phoenix	20	23	.465	16½
Houston	21	25	.457	17
Golden State	19	24	.442	17½
L.A. Clippers	17	26	.395	19½
Sacramento	10	32	.238	26
Minnesota	10	34	.227	27

d — division leader
Last night's results
New Jersey 103 Cleveland 101
Detroit 103 Orlando 96
Philadelphia 105 Phoenix 95
Memphis 100 Toronto 98
New York 115 Washington 106
Chicago 92 Milwaukee 83
Houston 129 Minnesota 125
New Orleans 91 Oklahoma City 89
Sacramento 96 Portland 81
San Antonio at Golden State
Sunday's result
Denver 121 Indiana 107
Tonight's games
All times Eastern
Denver at Washington, 7 p.m.
Cleveland at Boston, 7:30 p.m.
L.A. Clippers at Dallas, 8:30 p.m.
Charlotte at Sacramento, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	22	12	10	0	48	19	48
Arsenal	23	14	4	5	48	22	46
Man City	24	13	6	5	37	20	45
Chelsea	23	12	5	6	42	19	41
Tottenham	23	10	8	5	32	26	38
Sunderland	24	8	10	6	28	24	37
Blackburn	24	9	4	11	31	37	31
Newcastle	23	8	6	9	36	33	30
Stoke	23	9	3	11	28	28	30
Bolton	24	7	9	8	34	35	30
Liverpool	23	8	5	10	30	31	29
Blackpool	22	8	4	10	32	38	28
Everton	23	5	12	6	27	29	27
Fulham	23	5	11	7	25	25	26
West Brom	23	7	4	12	29	43	25
Aston Villa	23	6	7	10	25	39	25
Birmingham	22	4	11	7	21	31	23
Wigan	23	4	10	9	19	37	22
Wolverhampton	23	6	3	14	24	41	21
West Ham	24	4	9	11	24	43	21

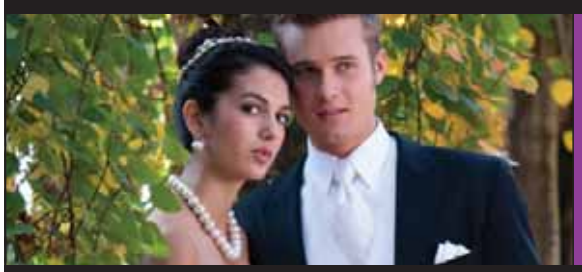
Yesterday's result
Bolton 0 Chelsea 4

SPAIN

LA LIGA

Yesterday's result
Athletic Bilbao 3 Hercules 0

Celebrate family & friends



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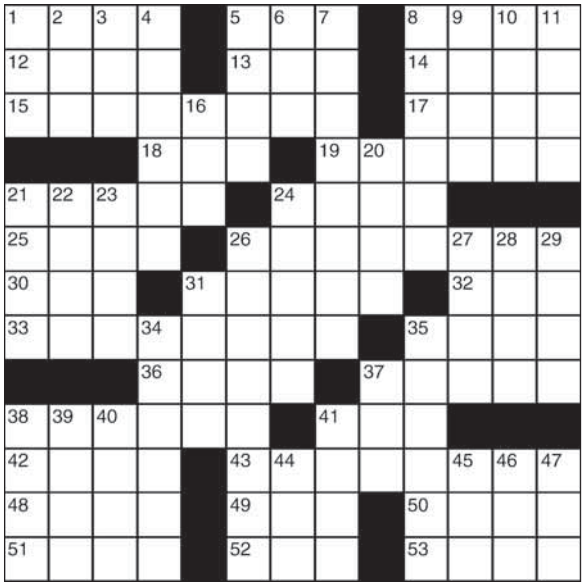
Crossword



Across
1 Ballyhoo
5 Astronaut Grissom
8 On the rocks
12 Wander
13 Suitable
14 Protuberance
15 Something unexpected
17 Forum wear
18 Charged bit
19 "Pop Goes the —"
21 Whiskers
24 Relative standing
25 Capri or Wight
26 Land boundary finder
30 Sheep's call
31 Impaired by age and dampness
32 Past
33 Smith and Jones, e.g.
35 Worry
36 Census statistics
37 Arouses boredom
38 Incite to action
41 Tavern
42 Hawaiian island
43 Encircle
48 Despot
49 Before
50 Become unraveled
51 Jekyll's bad side
52 Potent stick
53 Monetary penalty

Down
1 120 min. = 2 —
2 Thee
3 Standard
4 Ottoman, for one
5 Profit
6 Boom times
7 Managers
8 Amount consumed
9 Dove's calls
10 Advantage
11 Transaction
16 Scepter
20 A deadly sin
21 Drool catchers
22 Birthright barterer
23 Winglike
24 Regulations
26 English county
27 Three feet
28 Curved molding
29 Deteriorates
31 Creche trio
34 Character
35 Way out there
37 It holds the mayo
38 This and that
39 Simple
40 Roe provider
41 Author Harte
44 Coffee vessel
45 Mentalist Geller
46 A Bobbsey twin
47 Hair coloring

▶ Yesterday's answer

Sudoku

		3	1		5			
	5					7	9	
2	8				6	4		
5		8	7				4	
				3				
	6				2	1		7
		7	6				8	5
	2	6					7	
			9		7	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	1	5	3	7	2	8	4	6
7	2	4	6	8	5	3	1	9
3	8	6	1	4	9	5	2	7
4	3	2	7	1	8	9	6	5
8	7	1	5	9	6	4	3	2
6	5	9	2	3	4	1	7	8
1	6	3	9	5	7	2	8	4
5	4	7	8	2	1	6	9	3
2	9	8	4	6	3	7	5	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Tom, We get some time away together soon. I can't wait for it to be just you and me and no work and all play. Love you Babe **RUTH**

Babe,
Since the day I met you, I have finally felt complete in my life. I love you more than words can say. Thankyou for everything. XOXOXOXOXO **GREG**

Andy, We've been through a lot in 2010...and its made me stronger. I'm falling in love with you all over again. Can't wait to for the move!! **LOVE, OMIE :P**

Lois Lane aka my freaky yellow chick...Lovin the lovin, totes brill time in the hood. You alone caused Superman to forget about saving the world, put down his tights and retire to the beauty rest. **HOLLA...SUPERMAN**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -5° Max 5°	Min -1° Max 9°	Min -6° Max 3°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You must have faith in yourself today. Otherwise, you are unlikely to make any headway in your attempts to be accepted into a social group you have admired from afar for so long.

♉ Taurus April 21-May 21 Find some quiet place to sit and listen to what your inner voice has to tell you. What you hear might just transform your existence. Your higher self knows what you need.

♊ Gemini May 22-June 21 Your imaginative powers are at a high at the moment. No matter how outrageous the thoughts that come into your head are, you must take them seriously. Among them is the key to your future prosperity.

♋ Cancer June 22-July 22 If you think of yourself as separate from other people then, inevitably, that is the reality you will create. You need to remind yourself that you are never truly alone.

♌ Leo July 23-Aug.23 You may receive news of an unwelcome nature today. There will also be a silver lining, so look on the bright side and find ways you can work this development in your favor.

♍ Virgo Aug. 24- Sept. 22 Where your work is concerned, today, it will pay you to do less but to a higher standard. Sometimes you get so caught up in what you are doing that quantity seems more important than quality.

♎ Libra Sept. 23-Oct. 23 You could be drifting a bit off course simply because you are moving so fast. Today, check that you are still moving in the right direction and, if not, make changes.

♏ Scorpio Oct. 24-Nov. 22 If there are still any doubts or negative images lurking in the back of your mind, you must cast them out. Don't give them the chance to do harm. A positive attitude is every bit as important as positive aims.

♐ Sagittarius Nov. 23-Dec. 21 If some kind of invisible force stops you in your tracks, you must take it as a sign that you are to proceed no further in that direction. Be smart and take the hint.

♑ Capricorn Dec. 22-Jan. 20 Keep the pressure on those who want to deny you what is rightfully yours. If you give any sign that you are weakening in your resolve, they will redouble their efforts to refuse you.

♒ Aquarius Jan. 21-Feb. 18 Be honest with yourself about what it is you desire and what it is you are prepared to do to possess it. Sacrifices will have to be made, and only you can decide if it is worth it.

♓ Pisces Feb. 19-March 20 It may seem as if you are having to struggle more than other people, but there is no point getting worked up about it. Life is always fair – it's just that we can't always see it.
SALLY BROMPTON

Caption contest

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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CUBA | Varadero
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$1049 +Taxes & other fees: $155

CUBA | Santa Clara
Royal Hideaway Ensenachos PRIVILEGES
Royal spa premium rm. • Feb. 5 & 12
$1239 +Taxes & other fees: $155

MEXICO | Ixtapa/Zihuatanejo
Krystal Ixtapa
Deluxe rm. • Feb. 5 & 12
$999 +Taxes & other fees: $255

MEXICO | Cancun/Riviera Maya
Barceló Maya Beach
Superior rm. • Mar. 6
$1119 +Taxes & other fees: $245

MEXICO | Los Cabos
Royal Solaris Los Cabos Resort All Inclusive & Spa
Deluxe rm. • Feb. 26
$1159 +Taxes & other fees: $256

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta PRIVILEGES
Deluxe garden view rm. • Mar. 5 - 19
$1459 +Taxes & other fees: $144

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana
Junior suite • Feb. 1 - 22
$999 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Barceló Dominican Beach
Standard rm. • Feb. 1 - 22
$999 +Taxes & other fees: $170

DOMINICAN REPUBLIC | Punta Cana
Gran Bahia Principe Punta Cana PRIVILEGES
Junior suite • Feb. 8 - 22
$1199 +Taxes & other fees: $170

JAMAICA
Sunset Jamaica Grande Resort & Spa PRIVILEGES
Traditional standard rm. • Feb. 7 & 14
$1389 +Taxes & other fees: $98

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
Junior suite • Feb. 7 & 14
$1499 +Taxes & other fees: $98

JAMAICA
Rose Hall Resort & Spa, A Hilton Resort
Resort view guest rm. island gold • Feb. 7 & 14
$1699 +Taxes & other fees: $98

ANTIGUA via Montreal
Jolly Beach Resort & Spa
Standard rm. • Mar. 5 & 19
$1759 +Taxes & other fees: $194

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Junior suite • Mar. 20
$1429 +Taxes & other fees: $245

Gran Bahia Principe Tulum

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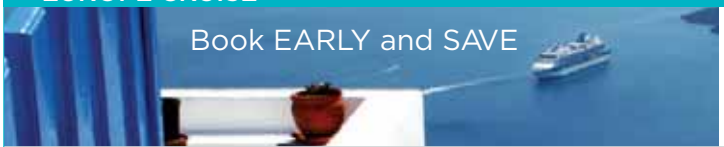
EUROPE CRUISE



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